

# **Minority Outreach & Technical Assistance (MOTA)**

## **LifeStyles of Maryland Foundation, Inc. – Charles County**

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LifeStyles of Maryland Foundation, Inc. (LifeStyles) inception is dedicated to issues relative to health, human service, and economic growth in the community. LifeStyles acts as an outreach, referral, and service delivery source promoting the dissemination of material to educate the general public and navigate persons through existing services. LifeStyles' programs focus on health care, prevention, human services, education, employment, life skills and economic development.

During the upcoming year LifeStyles is proposing to increase awareness and access to health education for improved health behaviors, facilitate dialogue and advocate for the elimination of health disparities. LifeStyles innovative outreach initiative is called "MOTA Bridging Gaps & Breaking Barriers Program" will serve Asians, Pacific Islanders, Black/African American, Native American, Hispanic/Latino populations in Charles County.

For more information about LifeStyles of Maryland Foundation, Inc. and the MOTA program in Charles County, contact Sandy Washington, Executive Director at (301) 609-9900.